

GRAND BAZAAR

November 1902

The Queen's Rifle Volunteer Brigade

The Royal Scots

RECIPES . . .
FOR . . .
INVALID . . .
COOKERY . . .

COMPILED BY

MRS BERRY HART

THE MEDICAL STALL



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FOOD FOR INVALIDS:

BEING

CAREFULLY SELECTED RECIPES
FROM THE PRACTICE OF EDINBURGH
MEDICAL MEN AND NURSES, &c.

COMPILED BY

MRS BERRY HART.



EDINBURGH: J. & J. GRAY & CO.

1902.

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P R E F A C E.

As half the battle of the sick room is fought in the kitchen, while unfortunately cooks do not, as a rule, understand the preparation of invalid dishes, these few carefully selected recipes, which have been successfully tested, may prove helpful to those whose duty it is to minister to the sick and suffering.

There are several essential points to keep in mind in regard to invalid cookery, namely, that scrupulous cleanliness must be observed in the preparation of food; that the serving of all meals should be as dainty and fresh as possible; and that some form of restorative, such as jelly or soup, should be always available.

To the convalescent, meals are to a great extent the chief events of the day, and too much care cannot be taken to ensure that everything is made as attractive as possible. While it is unwise to

consult a patient with regard to food, due consideration should be given to individual taste.

In the preparation of food it is a safe rule that nothing be made in large quantities, as invalids quickly tire of the same dish, and variety is therefore essential.

Inviting portions should be served, with due regard to the amount of nourishment contained in each.

Grateful acknowledgments are due to those friends who have so kindly helped me with this little book, by sending recipes which they knew from experience to be successful, and also to those authorities who permitted me to use the results of their researches with regard to The Feeding of the Sick.

J. BERRY HART.

29 CHARLOTTE SQUARE,
EDINBURGH.

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FOOD FOR INVALIDS.

BEEF TEA, BROTHS, AND SOUPS.

BEEF TEA.

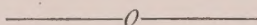
Carefully wipe with a damp cloth one pound of lean juicy beef, place it on a board, and with a sharp knife shred it down as finely as possible, keeping back any pieces of fat or skin. Then put it in a strong jar or basin with a teaspoonful of salt and one pint of cold water, and stir well with a fork. Cover the basin with a plate and let it stand for half an hour, then stir again. Cover with a double piece of white paper, well buttered and tied down, and place in a saucepan with sufficient cold water to reach half or three-quarters way up the basin. Put the lid on the pan and boil slowly for three hours. Should the water in the pan boil down add more cold water. Remove the jar or basin from the pan, stir up the beef tea, strain through a coarse strainer, and press the meat as dry as possible with a wooden spoon. Pass over the surface pieces of soft white paper until all grease is removed; it is then ready for serving.

BEEF TEA (THICK).

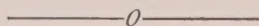
Warm a teacupful of beef tea, add a teaspoonful of fine tapioca, stir for a few minutes until the tapioca is clear, beat up the yolk of a new-laid egg; pour the hot tea over it, stirring all the time to prevent it curdling.

BEEF TEA (PEPTONISED).

Steep half a pound of finely shredded gravy beef in a pint of cold water with three or four peppercorns and a little salt, put it in a saucepan and simmer slowly for an hour and a half; when cool add one tablespoonful of liquor pancreaticus, keep it warm under a cosy for two hours, and occasionally stir it up, strain through a sieve, then bring to boiling-point and set in a cool place; warm up when required, but do not let it boil. This may be seasoned with any vegetable flavouring by putting what vegetables are allowed in a muslin bag and placing it in the tea while cooking.

**BEEF TEA (QUICKLY-MADE).**

Wipe carefully a pound of lean juicy beef and shred finely on a board, put it in a basin with one pint of cold water and a teaspoonful of salt, and if possible allow it to stand for half an hour covered with a plate. Then pour the contents of the basin into a lined saucepan, which place over rather a slow fire, and with two forks whisk it well until it almost reaches boiling-point. *Do not let it boil.* Draw the pan to the side of the fire, put on the lid, and allow the beef tea to simmer very slowly from ten to fifteen minutes. Strain through a coarse strainer, pressing all the juice out of the meat, and remove all fat before serving.

**BEEF TEA (SIMPLE).**

Put one pound of gravy beef cut into small pieces into a basin with a pinch of salt and one pint of cold water; allow it to stand one hour, then pour into a saucepan, bring to the boil, and draw to one side of the fire to simmer gently for half an hour; remove all fat, strain through a sieve.

Mutton and veal tea can be made in the same way with equal parts of each.

CHICKEN BROTH.

Put half a raw chicken into a pan with a quart of water and any vegetable flavouring permitted. When it boils skim well, and let it simmer for one hour. Pass through a sieve, and serve.

EGG, CREAM, AND SAGO BROTH.

Take one ounce of sago, and wash it well ; then stew it in half a pint of water till it is very soft, allowing it to boil down to about one-half. Beat up the yolk of one egg with a quarter of a pint of cream, and add this to the sago slowly, stirring well. Lastly, stir in, in the same way, one pint of hot beef tea. In case of necessity, Liebig's Extract dissolved in water may be used instead.

ESSENCE OF BEEF.

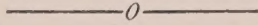
Take one pound of beef from the rump, lay it on a wooden plate and cut very thin, then shred it quickly with a knife, taking care not to lose the juice. Put into an enamelled pan, and stir over the fire for five or ten minutes. Add a pint of water, cover the stewpan as tightly as possible, and let it remain close to the fire or in a warm oven for twenty minutes, then pass it through a sieve, pressing the meat with a spoon to extract the juices.

INVALID SOUP.

Half pound each of lean beef, mutton, and veal ; take away all fat and skin. Add six white peppercorns, and a little parsley if allowed. Pour over it three pints of cold water, bring it to the boil and skim thoroughly, then gently simmer for five hours and strain. This can be thickened with rice or vermicelli if liked, and salt to taste.

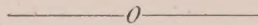
LAIT DE POULE.

Break a fresh egg, separate the white from the yolk, put the yolk in a basin with a quarter of a gill of good cream or milk. Have half a pint of chicken broth boiling, which pour slowly over the egg and cream, stirring it as you pour with a wooden spoon.

**LENTIL MILK SOUP.**

Take one tablespoonful of lentil-flour, one teaspoonful of corn-flour, and three-quarters of a pint of milk. Mix the lentil and corn flour with a little of the milk, to the consistence of cream; boil the rest of the milk, with a little sugar and any flavour preferred; pour it slowly on the flour and milk, stirring well. Then boil for ten minutes, still stirring. Salt may be used instead of sugar.

N.B.—The above is an excellent substitute for beef tea, since lentils contain a very large quantity of vegetable albumen; a beaten-up egg may be added afterwards with advantage.

**MUTTON BROTH.**

Take one pound of the knuckle of mutton, wipe it with a damp cloth and cut it into small pieces, removing all the fat. Put the meat and bone with a little salt into an enamelled pan, cover with two pints of water, put on the lid and bring very slowly to the boil, removing all the scum that rises, and allow it to simmer slowly for four hours. Then skim and strain through a fine wire sieve, and when cold remove all fat from the top. Return the broth to a clean saucepan with one dessertspoonful of well-washed rice, and allow it to cook again for twenty minutes until the rice is soft, add a little very finely chopped parsley and serve. Tapioca or arrowroot may be used instead of rice.

MUTTON OR VEAL BROTH.

Cut up into very small pieces one pound of lean mutton or veal ; to this add one quart of cold water, and allow to simmer gently for three or four hours. Add a pinch of salt (and a little rice may in some cases be added), strain, and remove the fat.

PURÉE OF BEEF.

Take a quarter of a pound of good gravy beef, shred it finely, freeing it from all fat and skin ; put into a warm cup ; heat—but do not boil—a teacupful of beef tea ; pour it over the shredded beef.

RABBIT PURÉE.

Take one young rabbit, soak in warm water for half an hour, cut in pieces, cover with water in a shallow pan, add a little salt, and two sticks of celery. Simmer for two hours. Remove the rabbit and pass the best pieces through a fine mincer. Add a teacupful of good white stock made without vegetables ; thicken with half a leaf of French gelatine soaked in a little water, and serve in a cup with dry toast.

RAW MEAT JUICE.

Wipe and shred very finely a quarter of a pound of lean juicy meat—rump steak is best ; place it in a basin with half a pint of cold water and a pinch of salt. Stir it well with a fork, cover with a plate, and let it stand for three-quarters of an hour, stirring occasionally. The liquid will then be of a bright red colour. Strain through a fine strainer, pressing the meat with the back of a wooden spoon, and serve in a covered cup or a red glass to hide the objectionable appearance.

This should only be made in small quantities, as it quickly becomes rancid.

RESTORATIVE ESSENCE.

Take half a pound of lean beef and the same of veal, cut into small pieces, add a little pepper and salt and two glasses of dry sherry, or, if wine is not allowed, use water ; put all in a jar and cover closely. Set the jar in a saucepan of boiling water, let it boil for six hours, turning the meat once with a fork during that time ; strain through a fine sieve, let it stand until cold, remove the fat, and then it is fit for use. Give a teaspoonful occasionally with a little toast or water biscuit.

F I S H.

CREAM OF FISH.

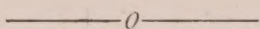
Scrape and pound in a mortar a quarter of a pound of raw haddock, cod, or sole ; soak one ounce of bread-crumbs in half a gill of boiling milk (an ordinary teacup holds rather more than a gill) ; mix it with the pounded fish, using a fork ; add a little salt, white pepper, celery salt, or a few drops of essence of shalot if allowed, also three tablespoonfuls of cream. Switch the white of an egg till very stiff, stir lightly into the other ingredients, and half-fill two buttered cups with the mixture ; cover with paper, and steam for half an hour in a pan with enough water to come half-way up the cups. Serve with white sauce plain or with oysters.

CREAM OF FISH (ANOTHER WAY).

Pound in a mortar half a pound of filleted whiting or haddock, add two tablespoonfuls of fish stock made from the trimmings ; pass through a wire sieve, and stir into it three tablespoonfuls of cream and one beaten egg ; season with pepper and salt, also a small quantity of grated nutmeg. Put in a well-buttered mould, cover with buttered paper, place in a stewpan with a little water, steam gently for fifteen minutes, turn out and serve with parsley sauce.

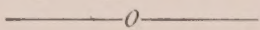
FILLET OF SOLE OR HADDOCK.

Put a fillet of sole or haddock on a well-buttered plate, pour over it a small dessertspoonful of vinegar, add a pinch of salt, and cover with another plate. Place these over a pan of boiling water, and cook for twenty-five minutes.



FILLET OF SOLE AND TOMATOES.

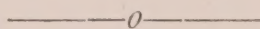
Take a small filleted sole, wipe the fillets, season with a little pepper, salt, and a squeeze of lemon, roll up, and place on a buttered tin with a small piece of butter on each fillet. Wipe and cut a tomato into pieces, lay them with the fish, and cover all with a buttered paper; cook in a moderate oven for fifteen minutes, and serve on a hot dish.



FISH (PLAIN BOILED).

Put two quarts of water into a small fish kettle, add an ounce of salt; when boiling, put in the fish (if whiting or haddock leave the skin on). About ten minutes will cook an ordinary-sized whiting for one person. Dish on a napkin; garnish with parsley.

A little melted butter with a pinch of salt and a drop of lemon juice makes a nice sauce for the above.

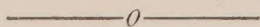


FISH SOUFFLÉ.

Make a fish sauce with half an ounce of flour, half an ounce of butter, and half a gill of fish stock or milk; stir well in a pan over the fire until the mixture is smooth and free from lumps. Shred finely quarter of a pound of uncooked fish; put the sauce, fish, and seasoning, viz., pepper, salt, and a little lemon juice, into a mortar with the yolks of two eggs, pound well together, and then rub it through a sieve. Beat up the whites of the eggs to a stiff froth and stir lightly into the mixture; pour into a greased basin, which should be half full, cover with a greased paper, and steam twenty minutes until firm. Turn out and serve.

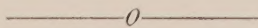
FISH SOUFFLÉ.

Take a quarter of a pound of filleted sole, scrape it finely with a knife, and pound it in a mortar. Make a sauce with a quarter of an ounce of butter and a teaspoonful of flour; mix the butter and flour well together, then put into a saucepan with half a gill of milk or fish stock, stir well, until the mixture is smooth and free from lumps; put it into a basin with the fish and the yolk of an egg, whisk it all well together; beat up the white of the egg to a stiff froth and stir it thoroughly but lightly into the mixture. Pour all into a buttered basin, cover with a buttered paper, and steam slowly for twenty minutes. Then lift out, and turn out carefully on a hot plate; serve with fish sauce.



HADDOCK OR WHITING (BROILED).

Take a small haddock, gently dry it with a cloth, and lightly flour it. Rub a gridiron with a little oil and place the whiting in it, and lay it on the top of, or hang it in front of, a clear fire. Turn it three or four times to avoid burning. When it is firm to the touch it is ready. Sprinkle a little salt over, and serve with melted butter if allowed.



HADDOCK STEWED IN MILK.

Take a filleted haddock, cut into strips, pepper and salt lightly, roll up and tie; put into an enamelled stewpan, and cover with milk to which a little good white stock has been added, and a small bunch of parsley, allow all to simmer until tender; take out the fish, thicken the liquid with a little butter and flour well kneaded together, stir into the sauce, pour through a sieve over the fish, and garnish with parsley. The stock may be omitted if too rich.

OYSTERS (BROILED).

Take half a dozen large oysters, dry them, season with pepper and salt. Heat and grease a gridiron, place the oysters on it, cook on both sides until brown, place the oysters on a hot plate, and pour over them a little rich beef gravy.

SCALLOPED FISH.

Break up into small pieces with a fork a quarter of a pound of any delicate fish, already cooked. Butter a china scallop shell, cover this with fine bread-crumbs, a little butter, pepper, and salt; place the fish on it, cover with more bread-crumbs and seasoning and small bits of butter, add a few drops of milk to moisten, and bake ten minutes in a quick oven.

SMELTS (BOILED).

Choose two or three rather large smelts; having drawn and cleansed them, put a gill of water into a small stewpan with a little salt, a saltspoonful of powdered sugar, and four sprigs of parsley. When boiling lay in your smelts, which let simmer five minutes or more if large, keeping the pan well covered. Then take them carefully out, lay them on a dish, and pour a little of the liquid over them.

Trout or haddock may be cooked in the same way, but would require rather longer time.

SOLES (BROILED).

Season a small sole with pepper and salt, dip lightly into a little flour and broil slowly over a moderate fire for about ten minutes. Serve hot, either dry or with a little cream added.

M E A T S.

BACON (BROILED).

Cut nice thin slices of streaky bacon, place on a gridiron, broil over a clear fire, turning it three or four times in the space of five minutes. Serve with thin dry toast.

BEEF (CREAM OF).

Take a quarter of a pound of best steak and pound it in a mortar with half a teacupful of bread-crumbs, salt, and pepper, one egg and two tablespoonfuls of good brown stock, rub all through a fine sieve, steam in a buttered mould for twenty minutes covered with greased paper, or poach in large spoonfuls in a pan of boiling water.

BEEF (MINCED).

Mince a nice piece of the finest steak, dredge it with browned flour; add pepper and salt, a little onion if desired, and a little mushroom ketchup. Add a little gravy to make it a proper thickness. Stir frequently with a fork until the mince simmers, and let it cook slowly for an hour and a half, stirring occasionally. Serve with small pieces of toast or with rice. Poached eggs may be put on the top.

BEEF STEAK.

Take about half a pound of tender steak, not too thick but evenly cut, broil it over a clear fire or in front, turning frequently. Ten minutes is the time allowed. Serve with its own gravy, and a little butter rubbed over it is an improvement.

CHICKEN (BOILED).

Put a chicken in a quart of boiling water, with a salt-spoonful of salt and two ounces of butter. Keep gently simmering for twenty minutes, when it will be ready.

HEATING REMAINS OF CHICKEN.

Put a tablespoonful of rice in a stewpan, with half a pint of light broth. Let it boil gently until the rice is in a pulp. Then put in a leg or wing of the previously cooked chicken, and allow about five minutes to warm it.

CHICKEN (ROAST).

Get a nice plump chicken, the younger the better, set it in a Dutch oven before a clear fire. After five minutes, have ready a pat of butter in the bowl of a wooden spoon, with which rub the chicken all over. Allow it to roast, gently basting at intervals until of a nice yellowish brown. It will take about twenty minutes to cook. Serve with bread sauce.

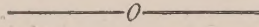
Proceed in the same manner for partridge, pheasant, snipe, or quails. (A little rolled bacon toasted on a skewer is an improvement.)

BREAD SAUCE.

Over some finely grated bread-crumbs pour half a tea-cupful of milk in which a small onion or little celery has been boiled. Let it steep for one hour in a covered basin. Add pepper and salt to taste, and when wanted, warm, stirring in a small ball of butter.

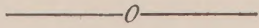
CHICKEN (MINCED).

Mince finely any remains of cold fowl ; make a gravy of the bones ; strain, thicken, and season ; put the mince into it and allow it to become hot, but do not boil. Serve with sippets of toast, or place a lightly poached egg on the top. Rice may also be served with this.



CREAM OF BARLEY.

Wash thoroughly and soak two ounces of pearl barley in cold water over night ; strain, and put the barley in a covered saucepan with cold water to cover. Bring it to the boil, and pour away the water. Take one and a half pounds knuckle of veal, wipe it with a damp cloth, and cut it into very small pieces. Then put the meat and barley into a saucepan with two pints of water and a little salt, and bring slowly to the boil ; skim well, and let it simmer five or six hours ; strain through a fine sieve. Put the meat and barley into a mortar, pound it well, and then pass through a wire sieve ; add it to the liquid, and heat in a saucepan. Beat up the yolk of an egg with three table-spoonfuls of cream ; draw the pan to the side of the fire and pour the egg and cream into it, stirring all the time, but do not let it boil. Serve.



DOUBLE CUTLET.

Take two loin of mutton cutlets, don't separate them, and leave the fat on. Cook in front of a brisk fire for fifteen minutes, basting well. Then cut off all the fat and bone, and serve on a hot-water plate with dry toast and a little well-boiled rice. If for a delicate stomach, the meat should be put through the mincer and reheated.

FRICASSEE OF RABBIT OR CHICKEN.

Cut a young rabbit into neat joints, lay in lukewarm water for half an hour ; drain and put in a stewpan with a few stalks of celery, a little parsley, and some streaky bacon cut into small dice ; cover the whole with milk or water, and let it simmer for twenty minutes, keeping it well skimmed ; then pass the stock through a sieve into a basin, taking out the pieces of rabbit and bacon. In another stewpan have two ounces of butter, with which mix a large dessertspoonful of flour, moisten with the stock, and stir over the fire until boiling ; trim neatly the pieces of rabbit, which with the bacon put into the sauce ; let the whole simmer until tender, skimming off all fat as it rises to the surface ; then pour in half a gill of cream with which you have mixed the yolk of one egg, leave it for a moment upon the fire, but do not let it boil. Take out the rabbit, place upon a dish, pour over the sauce, and serve.

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MINCED BEEF (PLAIN).

Choose half a pound of nice juicy rump steak, remove all fat and skin, and pass it through a fine mincing machine. Place the mince on the fire in a small enamelled stewpan with quarter of a pint of cold water, simmer gently for twenty minutes, adding a little more water if necessary, season with pepper and salt. Skim carefully and serve with sippets of toasted bread.

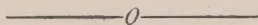
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RABBIT STEWED IN MILK.

One young rabbit, three quarters of a pint of milk, very small blade of mace, one teaspoonful of rice flour, a little salt and white pepper. Steep the rabbit in lukewarm water for half an hour, cut it into joints, and put into a stewpan along with the seasonings and milk ; stew slowly until tender. Dish the rabbit, thicken the milk with rice flour, stirring until it boils a few minutes, then pour over the rabbit.

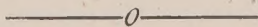
ROAST PIGEON.

Select a nice young pigeon, butter it well, and tie a thin slice of bacon over the breast, cook it in front of the fire for about fifteen minutes, turning frequently and basting to prevent burning. Serve with bread sauce.



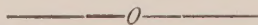
STEAMED CHOP.

Wipe a mutton chop with a damp cloth, trim off most of the fat, and make into a neat shape. Grease a plate with a little butter, place it over a pan half-full of boiling water, and put the chop on it; sprinkle a little salt over it, and cover first with a piece of buttered paper, and then with a basin or a saucepan lid. Keep the water fast boiling, and add more if it boils away too much. Cook for ten to fifteen minutes, then turn the chop and cook about the same length of time on the other side. Serve hot, with any juice that has run from it.



STEWED CHOP.

Put into a jar with a little salt and one gill of cold water a nice mutton chop free from fat, add a small stick of celery shredded and a teaspoonful of rice well washed, cover with a lid or buttered paper tied on, place the jar in a saucepan of boiling water, put on the lid and steam slowly for two hours. Serve with or without the celery.

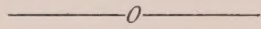


STEWED PIGEON.

Mix with an ordinary butter ball a little pepper, salt, and chopped parsley; put it inside a young pigeon, which place in a small stewpan along with a tablespoonful of good stock, a small slice of bacon laid over and under the bird. Stew slowly for half an hour; serve with or without the bacon.

SWEETBREADS.

Take a nice fresh veal sweetbread, wash, and boil for five minutes in water, to which a little salt has been added. Skin it, roll in egg and bread-crumbs, and brown before a clear fire. Serve with a little good white gravy or white sauce. The sweetbread may be dipped in egg and bread-crumbs and fried in boiling fat, or stewed slowly for an hour in milk and water, and served with white gravy slightly thickened with flour or arrowroot.



TRIPE.

The best varieties are those known as the Blanket and the Monkshood, which is dark in colour. Wash and scrub the tripe in several waters, and scrape it with a knife, removing any pieces of fat. Cut it into pieces, put in a small saucepan with cold water to cover it, and bring it to the boil; pour off the water, cover again with cold water and bring to the boil; this must be repeated until the water in which the tripe is boiled loses all its heavy smell. Then rinse the saucepan well, put on the tripe with cold water to cover it, bring to the boil, and cook *slowly* for ten to twelve hours. Quick cooking will make the tripe hard. When ready pour into a basin, and cover with the liquor in which it was cooked.

The following are different ways in which tripe thus prepared may be served :—

1. Stewed in white sauce (flavoured with onion or not as preferred) for fifteen minutes, and small sippets of toast served with it.
2. Tomato sauce may be used, and small rolls of fried bacon and croquettes of fried bread served with it.
3. Good curry sauce and a border of rice. Stew in the sauce in each case for fifteen minutes.

VEGETABLES.

BAKED ONION.

Take one large Spanish onion, remove the outer skin and place in a baking dish with a little butter on the top, bake in a moderately hot oven for three and a half hours, basting occasionally, and do not allow it to burn.

BOILED LETTUCE.

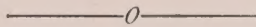
Wash one or two lettuces thoroughly and lay them in cold water for ten minutes, then drain off the water and put them in an open pan of boiling water with a little salt, cook rapidly for twenty minutes, remove any scum, drain thoroughly, cut up fine, and add a small piece of butter and a little pepper ; reheat and serve.

CAULIFLOWER.

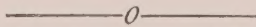
Take a young cauliflower, cut off the thick stem and all coarse leaves, split it, and let it stand in cold water with salt added for a quarter of an hour ; put it head down into boiling water, which should more than cover it, boil briskly until tender, drain thoroughly, and serve plain or with white sauce.

SPINACH.

This is one of the most easily digested vegetables if properly cooked. Double the leaves lengthways and strip off the stalks, wash thoroughly in several waters until all grit is removed. Handle as little as possible, as too much touching causes the leaves to lose their crispness. Put it into a saucepan without water except that which adheres to the leaves, sprinkle with salt, and put the lid on the pan. Cook until it is quite tender ; it will take from twenty to thirty minutes. When ready drain off the water in a fine wire sieve, and then rub the spinach through into a clean basin ; return to a saucepan with a little butter, pepper, and salt, and stir over the fire until thoroughly hot. Add a squeeze of lemon juice or cream. This may be eaten with small pieces of toast, and if a poached egg is placed upon it, it will make a nice dinner for a delicate person.

**STEAMED ASPARAGUS.**

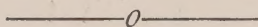
Trim off the hard part of some asparagus, put what is left in a jar with sufficient boiling water to cover it, and place in a large saucepan half full of boiling water ; lightly cover, and steam for nearly an hour. Serve with a sauce made of a little melted butter, a small quantity of cream, half the yolk of an egg, and a few drops of lemon juice, stirred for a few minutes over the fire until thoroughly warmed.

**STEWED CELERY.**

Choose some nice white fresh celery, wash and brush the stalks in cold water, cut into equal lengths of about seven inches and put it into a saucepan in which equal parts of milk and water are boiling, add a little salt, keep the lid off and boil until tender, which will take from twenty-five minutes to half an hour. White sauce or melted butter may be served with this.

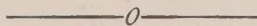
STUFFED TOMATOES.

Take three nice ripe tomatoes, cut off the stalks, leaving a hole the size of a threepenny bit, squeeze out the juice and pips, which add to one spring onion, also half a tea-spoonful of parsley, a pinch of herbs, and two mushrooms. Chop all finely together, then add the crumbs of one milk biscuit, and mix the whole into a moist paste, fill the tomatoes with the mixture, and place a few fine bread-crumbs and a little butter on top of each; place in a baking-dish with a little butter, and bake until tender.



VEGETABLE MARROW.

Take a small marrow, cut it in half, lay aside one half for future use, the other cut into small pieces two inches long, cutting away the pithy parts and seeds; put the pieces into a stewpan with a little butter, stew until tender, then add pepper and salt, serve on toasted bread, with white sauce poured over, which can be flavoured with mushroom if liked.



POTATO SOUFFLÉ.

Wash well and bake three good potatoes with their skins on. When cooked, cut a small piece off one end, and scoop out all the inside, being careful not to break the skin; rub through a wire sieve, and put in a saucepan with a little butter, a tablespoonful of good cream, pepper, and salt, the yolk of one egg, and the white whipped to a stiff froth. Mix all well together over the fire, then fill the potatoes with the mixture, and bake in a tin, with the hole uppermost, for half an hour.

PUDDINGS.

ARROWROOT.

Put a good teaspoonful of Bermuda arrowroot into a basin, which mix smoothly with two spoonfuls of water, add enough boiling water to make it the consistency of starch, stirring all the time; pour it into a stewpan, stir over the fire until it has boiled for two minutes, add a little cream, a small glass of wine, a little sugar, and serve.

ARROWROOT CREAM.

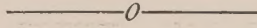
Place in a glass dish half a pound of any kind of jam or some stewed fruit. Mix one heaped tablespoonful of arrowroot with a little milk, boil one pint of milk with an ounce of sifted sugar, and gradually pour in the arrowroot, stirring while it boils for two or three minutes. Add a few drops of essence of lemon; allow it to cool a little and pour over the preserve or fruit. Garnish with a little red currant jelly.

ARROWROOT PUDDING.

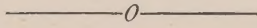
Take a large teaspoonful of arrowroot, mix it to a cream with a little milk, boil half a pint of milk and pour while boiling over the arrowroot, stirring all the time; add sugar and the grated rind of half a lemon, also, when cool, the yolk of an egg well beaten and the white whipped to a stiff froth. Stir in gently; turn into a buttered dish and bake for twenty minutes in a moderate oven.

BAKED APPLES.

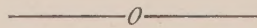
Bake two large apples with the skins on, remove the pulp, add to it two tablespoonfuls of thick cream, a little sugar and cinnamon, and beat all well together. Take the white of an egg, whipped to a stiff froth, and stir lightly into the apple mixture. Serve in a glass dish with finger biscuits.

**BAKED BANANAS.**

Bake some fresh, firm yellow bananas with the skins on for fifteen minutes in a moderate oven. Skin, serve hot, with cream.

**BAKED BARLEY PUDDING.**

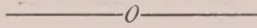
Well wash half a teacupful of pearl barley, place in a small pie-dish, cover the barley with cold milk, and allow it to swell in a moderate oven; when all the milk is absorbed, fill the dish with more milk, add grated lemon rind, and sugar to taste, and put a little powdered nutmeg on the top, return to the oven, and let it cook slowly. This will take about from two to three hours.

**BAKED SAGO PUDDING.**

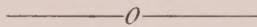
Take three dessertspoonfuls of fine sago and stir it into a pint of cold milk. When it comes to boiling-point allow it to simmer for a quarter of an hour, beat up the yolk of an egg, take the saucepan off the fire, stir in the egg along with a small dessertspoonful of sugar, and any flavouring desired. Put in a buttered pie-dish, and bake in a quick oven for a quarter of an hour. Then pour over the top the white of the egg whipped to a stiff froth, with a little sugar. Return to the oven for two minutes, and serve with cream.

BAKED BREAD AND BUTTER PUDDING.

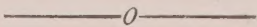
Half fill a well-greased pie-dish with small pieces of thin bread and butter without crust. Beat up an egg with half a pint of milk, a little nutmeg and sugar, and pour it over the bread and butter; let it stand long enough for the bread to get well soaked, and bake in a moderate oven until nicely browned.

**BAKED RICE OR TAPIOCA PUDDING.**

Take three dessertspoonfuls of rice well washed with cold water, put it in a small pie-dish and add one pint of milk, a small dessertspoonful of sugar, a pinch of nutmeg, or a grate of lemon peel, also a small ball of butter. Stir together and cook in a slow oven for two hours.

**BAKED VERMICELLI PUDDING.**

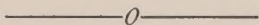
Pour over a breakfastcupful of vermicelli in a buttered pie-dish one pint of boiling milk, let it stand one hour to steep, then add a small ball of butter, a few drops of essence of lemon, and a grate of nutmeg; bake in a moderate oven from one and a half to two hours; serve with cream. This may be varied by mixing in a little marmalade instead of essence of lemon.

**BATTER PUDDING.**

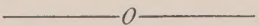
Take two eggs, half a pint of milk, half an ounce of sifted sugar, one and a half tablespoonfuls of flour, and a pinch of salt. Sift the flour into a basin, add a little of the milk and mix very smoothly; add the remainder of the milk, the eggs well beaten, the sugar and salt; boil in a buttered mould for one hour; turn out and pour over it some orange or lemon marmalade.

BLANC-MANGE.

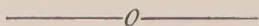
Soak half an ounce of gelatine in two pints of warm milk, add half a pint of thick cream, quarter of a pound sifted sugar, and season with lemon or vanilla ; boil for five minutes, strain into a basin and stir until nearly set, then pour into small moulds previously dipped in cold water.

**BLANC-MANGE WITH ISINGLASS.**

Put into a small saucepan one small teacupful of milk, a quarter of an ounce of isinglass, and the thinly peeled rind of half a lemon. Let this stand by the side of the fire until the isinglass is dissolved, stir occasionally but do not let it boil, add one ounce of sugar, and strain into a basin to keep back the lemon rind, add one gill of cream and stir till nearly cold. Pour into a small mould or basin previously rinsed with cold water, and allow to set in a cool place. Turn out and serve with a little red or black currant jelly.

**BOILED CUSTARD.**

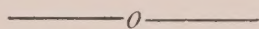
Beat thoroughly together one pint of milk, two eggs, and a tablespoonful or two of sugar until well mixed, turn the mixture into a double boiler, and cook until set.

**BREAD PUDDING (BAKED).**

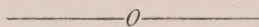
Cut up some pieces of stale bread or French roll, pour cold water over it, and let stand ten minutes ; break the yolk of an egg into a basin, add a little nutmeg and powdered sugar, beat this well together ; then squeeze the bread as dry as possible, and beat it into the other ingredients ; bake in a moderate oven for ten minutes, whisk up the white of the egg to a stiff froth, with a little sifted sugar, and stir it gently into the pudding ; return to the oven for five minutes.

BREAD PUDDING (STEAMED).

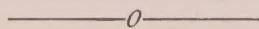
Mix together one breakfastcupful of stale bread-crumbs, one piece of butter the size of a walnut, melted, one egg well beaten, one and a half breakfastcupfuls of milk, one dessertspoonful of sifted sugar, a few drops of essence of lemon, and stir all well together; butter a mould or pudding basin, pour in the mixture, cover with buttered paper, and steam for an hour and a half; serve with cream.

**CUSTARD PUDDING.**

Take half a pint of milk, to which add the beaten yolk of one egg, sugar to taste, and flavour with a little nutmeg, a bay leaf, or a few drops of essence of lemon; pour into a small pie-dish, and bake in a quick oven until set; serve with cream.

**DEVONSHIRE JUNKET.**

Bring one pint of milk to blood heat, add a few drops of essence of rennet, then a little scalded cream; allow it to set in a warm place fifteen minutes. Serve with powdered sugar and a grating of nutmeg or a little cinnamon.

**EGG MOULD.**

Take one sheet of French gelatine, cover it with a little water to melt it; break four new-laid eggs, separating the yolks from the whites; beat the whites until stiff, adding gradually a tablespoonful of sugar; beat up the yolks to a froth, with a few drops of essence of lemon; stir the whites into the yolks, continue beating, adding the gelatine gradually. Pour into small glasses, and set in a cool place to firm. Stewed fruit may be served with this.

FRENCH PANCAKE.

Into one ounce of butter rub two ounces of flour and the same of bread-crumbs, the juice of a lemon, a dessert-spoonful of sugar, a pinch of salt, and two eggs well beaten. Mix thoroughly together in small buttered saucers, and bake in a quick oven. Serve with sweet sauce.

LIGHT PUDDING FOR AN INVALID.

Take a quarter of a pound of bread-crumbs, quarter of a pound of dried and sifted flour, two ounces of sugar, quarter of a pound of beef suet, four tablespoonfuls of milk, half a glass of brandy, or any seasoning preferred, and three eggs. Put the finely minced suet, bread-crumbs, and flour in a basin; beat the eggs and sugar well together; add the seasoning and milk, stirring well into the dry ingredients, and steam in a buttered mould for two hours. The mould should be covered to prevent the water from getting into the pudding.

MACARONI.

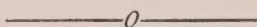
Break up some macaroni and throw it into a panful of boiling water with a little salt; boil very briskly with the lid off until the macaroni has swelled and is soft, drain and serve plain as a vegetable.

PRUNE SHAPE.

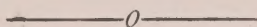
Steep half a pound of French prunes all night, strain and put them in a pan with enough cold water to cover them, bring slowly to the boil, and let boil until soft. Make a jelly of a quarter of an ounce of French gelatine steeped in half a pint of water and a little sugar, and flavoured with essence of lemon or almond. Boil for five minutes, and mix with it the liquid from the prunes, add a little sherry, place the prunes in a wetted mould, and pour the liquid over them, and allow it to set. Serve with whipped cream.

QUAKER OATS.

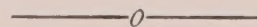
Take one breakfastcupful of oats to three of water, steep one hour, add a little salt, and stir. Place in a Quaker oats jar, and put the jar in a pan of boiling water. Let it steam for six hours, and serve with cream, to which a little potash water may be added.

**REVALENTA.**

Supper for an invalid may be made in the following way. Stir two tablespoonfuls of revalenta to a cream with a little cold milk, add two breakfastcupfuls of cold milk and a little salt; put in a jar, which place in a pan of boiling water, and let simmer for four hours. Serve with cream.

**RICE (PLAIN BOILED).**

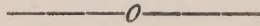
Wash some rice in five waters, or allow the cold tap to run a considerable time over a sieve in which is the quantity of rice required. Throw the grains into a panful of boiling water with a little salt and let it boil briskly until tender (about fifteen minutes), strain through a sieve and dry on a plate before a moderate fire, stirring it up lightly with a fork to separate the grains. This can be served instead of a vegetable.

**STEAMED FAROLA PUDDING.**

Take half a breakfastcupful of milk, mix into it one dessertspoonful of farola. Put a breakfastcupful of milk into an enamelled pan and let it boil for ten minutes, then add sugar, salt, and flavouring to taste. Thoroughly beat one egg, which add to the farola, then pour it into the boiling milk, stirring all the time; let it boil for ten minutes, turn into a buttered pudding mould, cover with buttered paper and steam for one hour.

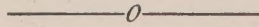
STEWED APPLES.

Into a small lined stewpan put two ounces of sugar, one gill of water, and the thinly peeled rind of half a lemon ; bring to boiling-point, and continue boiling for five minutes, skimming if necessary. Wipe half a pound of apples, cut in quarters, peel, and remove the cores ; place in the syrup of sugar and water, and allow to cook slowly until the pieces turn clear—from ten to fifteen minutes. Lift out the pieces of apple, and reduce the syrup by letting it boil quickly with the lid off until there remains a sufficient quantity for use ; strain it over the apples, and serve hot or cold.



STEWED APPLES (ANOTHER WAY).

Peel and core half a pound of apples, slice them into a small enamelled pan, add a little grated lemon rind, sugar, and half a gill of water ; stew slowly with the lid on, stirring occasionally until tender. Serve with plain boiled rice.



SWITCHED WHITE OF EGG.

Separate the white from the yolk of a perfectly fresh egg, put the white into a breakfastcup with a pinch of nutmeg or cinnamon and a little sifted sugar ; switch until very stiff ; stir in a tablespoonful of brandy. Milk, cream, or wine can be substituted.

JELLIES.

CALF'S-FOOT JELLY.

Take two calves' feet, cut up, put in three quarts of cold water. As soon as it boils remove the pan to the corner of the fire and let it simmer for five or six hours, keeping it well skimmed. Pass through a hair sieve and allow it to stand till next day. Then remove the oil and fat and wipe the top carefully with a cloth wrung out of boiling water. Place in a stewpan one gill of water, half a pound of lump sugar, the juice of four lemons, the rinds of two, and the whites and shells of four eggs, whisk all until the sugar is melted, then add the jelly, and whisk over the fire until it boils; pass through a jelly bag till quite clear, adding a little sherry, and pour into small glasses.

JELLY WITH GELATINE.

Steep a sixpenny packet of gelatine in two pints of cold water over night. Put it on the fire in an enamelled pan with a quarter of a pound of loaf sugar on which has been rubbed the outer rind of a lemon. As soon as it is warm add the whites and shells of two eggs slightly beaten, and stir one way with a wire whisk until it boils; cease stirring and let it boil ten minutes. Just before taking off the fire add a wineglassful of sherry and the juice of two lemons. Strain through a jelly bag; pour into a wetted mould.

CARRAGEEN JELLY.

Wash and soak one ounce of Iceland moss in cold water for some hours, put it into a saucepan with one quart of cold water, and simmer slowly for five hours. Strain, add the juice of a lemon, and sugar to taste, pour into small cups or glasses previously dipped in water, and set aside until cold.

CHICKEN JELLY.

Cut a young chicken into four pieces, add three pints of water, a quarter of a pound of hough without fat, three white peppercorns, and one stalk of white celery, bring it to the boil, skim thoroughly, and allow it to simmer four hours. Should the water become reduced add another pint and salt to taste, and the white and shell of one egg. After standing ten minutes strain through a wire sieve. Add to this two sheets of French gelatine which have been steeped in a little cold water for twenty minutes, and bring slowly to the boiling-point. Take it off the fire, skim well, pour into glasses, and allow it to cool. If any has to be kept longer than forty-eight hours, it must be covered with clarified butter and jam paper.

ESSENCE OF CHICKEN.

Take a plump chicken, cut it into joints, trim off all the meat from the bones into small pieces, put the meat, bones, and skin (without any fat) into a jar, which cover with a greased paper; place the jar in a saucepan half-full of cold water, put the lid on and simmer slowly for seven or eight hours, adding more water as it becomes reduced. Strain the liquid through a fine hair sieve. This should be served when cold, a teaspoonful at a time in cases of extreme weakness.

MILK JELLY.

Dissolve half an ounce of gelatine in one pint of boiling milk, sweeten and flavour to taste with lemon, vanilla, or almond; pour it into a mould and allow to cool.

DRINKS FOR INVALIDS.

A WHOLESOME SPRING DRINK.

Ingredients.—Four or six stalks of fresh ripe rhubarb, one quart of cold water, and sugar to taste.

Method.—Cut the rhubarb into small pieces, and put it into a large saucepan with the water; let it boil gently until the fruit is quite soft; strain it, pour the liquid into a large jug, and sweeten to taste. When cold it makes a delicious drink. It may be mixed with barley water or rice water. A squeeze of lemon improves the flavour.

ARTIFICIAL ASSES' MILK.

Make a thick, well-boiled barley water, to a teacupful of which add an equal quantity of cow's milk and five grains of powdered nitre, sweeten it with brown sugar-candy. This should be taken while it is milk warm.

BARLEY LEMONADE.

Put into a small enamelled stewpan a quarter of a pound of loaf sugar, with half a pint of cold water, boil for ten minutes, then add the rind of one fresh lemon and the pulp of two, boil for two minutes longer; add two quarts of unflavoured barley water, boil the whole for five minutes and pass through a hair sieve into a jug. When cold it is ready for use, or can be kept, well corked in bottles, for several days.

BARLEY WATER.

One breakfastcupful of barley, well washed. Boil for one hour, in four quarts of water, with the rind of one lemon; strain, and add sugar to taste. When cold, add juice of four lemons.

BARLEY WATER.

Put one ounce of pearl barley into a clean saucepan; cover with two pints of cold water, and allow it to come to boiling-point. Pour off the water, add the same quantity of cold water; pour off again when it comes to the boil; then return the barley to the saucepan with two pints of cold water, and allow it to boil for five minutes. Have ready the juice and half the rind of a lemon peeled very thin with a dessertspoonful of sugar in a jug, strain the contents of the saucepan into it, and use when cold.

BLACK CURRANT DRINK.

Take a small teacupful of black currant jam, put it into three pints of water, boil it gently for half an hour; if wanted, this may be thickened with arrowroot. Mix two teaspoonfuls of arrowroot to a smooth paste with a little cold water, and pour over the boiling fluid, stirring all the time.

CHOCOLATE.

Grate one ounce of good chocolate, and put in a saucepan with a breakfastcupful of milk; stir over the fire until the chocolate is dissolved. Beat up an egg, removing the trend, strain over it the hot chocolate, stirring all the time; whisk until frothy.

EGG DRINK.

Beat up a new-laid egg, add to it a tablespoonful of sherry or small quantity of brandy, beat up and strain through a wire sieve; heat a teacupful of milk in an enamelled pan but do not let it boil, and pour it over the egg, stirring all the time.

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EGG FLIP.

Boil a teacupful of milk, beat up the white of an egg to a stiff froth, pour the boiling milk over the egg, stirring all the time; add sugar to taste.

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EGG FLIP.

Separate the yolk from the white of a fresh egg, beat each separately, and then mix together with a glass of wine and a little sugar. Less wine may be used.

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GRUEL (an Old Nurse's Recipe).

Soak two handfuls of oatmeal in two pints of cold water; strain through a coarse strainer, and boil for one hour; add two dessertspoonfuls of treacle, one of golden syrup, a pinch of salt, and as much sparwood as will lie on a sixpence.

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IMPERIAL DRINK.

Place one ounce of cream of tartar, the juice of a lemon, and two tablespoonfuls of sifted sugar in a jug. Pour over these a quart of boiling water, and cover until cold.

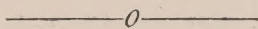
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LEMON WHEY.

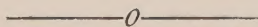
Prepare as for wine whey, using one tablespoonful of lemon juice instead of sherry.

LEMONADE.

Put a quart of water in an enamelled pan with two moist dried figs cut in halves, let it boil for a quarter of an hour; have ready the peel of a lemon taken off rather thickly and the half of a lemon cut in thin slices, throw them into the pan and boil for two minutes, pour the lemonade into a jug, and cover closely with paper until cold, pass it through a sieve, add a teaspoonful of honey, and it is ready for use.

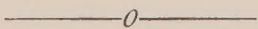
**LINSEED TEA.**

Put one tablespoonful of whole linseed into a jug, with two pieces of loaf sugar and the thinly peeled rind and juice of half a lemon, and pour one pint of freshly boiled water over it, cover and let it stand until cold, and then strain.

**MILK TEA.**

Pour a breakfastcupful of boiling milk over a teaspoonful of dry tea in a Hobb's patent infuser. Cover, and allow to stand for fifteen minutes, keeping it hot. Hubbard's unsweetened rusks are very nice with this.

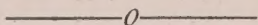
The above tea may be made in an ordinary teapot; the tea, however, must be poured off the leaves after standing fifteen minutes.

**OATMEAL GRUEL.**

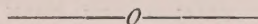
Put a tablespoonful of fine oatmeal into a basin; pour half a pint of cold water over it, cover the basin and let it stand for half an hour, stirring occasionally. Strain the water into an enamelled pan, leaving the oatmeal as dry as possible. Stir over the fire, and allow it to boil for six minutes. Season as desired. Wine may be added, or a little butter. Milk gruel is made in the same way, using milk instead of water.

ORANGEADE.

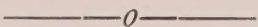
Carefully wipe three oranges, peel off the rind of one very thinly ; put this in a jug with two or three pieces of loaf sugar, and strain in the juice of two oranges and one lemon. Pour over this a pint of boiling water, allow it to stand until cold ; strain.

**TEA WITH AN EGG.**

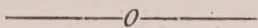
Break a fresh egg into a breakfastcup, removing the trend, beat up with a fork, pour over gradually the hot tea, stirring all the time. Serve with or without sugar.

**TOAST WATER.**

Into one pint of cold water break up a very thoroughly toasted slice of crust of bread ; let it stand until the water is of a light brown colour, add a little lemon juice, or a few slices of apple, and serve.

**WHITE OF EGG AND BRANDY.**

Beat up on a plate with a knife the white of one egg very stiffly, taking care not to make it too frothy, add to it a tablespoonful of brandy. Serve in a teacup with a little powdered sugar.

**WHITE WINE WHEY.**

Bring a breakfastcupful of new milk to the boiling-point in an enamelled saucepan, add two wineglassfuls of sherry, boil up again, strain through a muslin, if desired sweeten, and serve hot. Add the juice of a lemon instead of wine.

MISCELLANEOUS.

BENGER'S FOOD.

Take one tablespoonful of the food, mix it with two dessertspoonfuls of cold milk, warm a breakfastcupful of milk and pour it over the food, allowing it to stand for twenty-five minutes ; then return it to a clean saucepan, and let it boil for twenty minutes, stirring all the time to prevent lumps forming or any burning. Take off the fire, strain through a fine sieve, and serve with or without cream.

EGGS (BAKED).

Lightly butter a small earthenware dish, into which put one or more eggs without breaking the yolks, season lightly with a little salt and white pepper, add tiny pieces of butter or a little thick cream, then place the dish in a moderately hot oven until the whites are set.

EGG (BOILED).

An egg for an invalid should always be put into *cold* water, brought *slowly* to boiling-point and served.

EGG (POACHED).

Break a new-laid egg into a breakfastcupful of cold water, let it stand for one hour, pour off the water and poach the egg in equal portions of milk and water. Serve with a little dry toast.

EGGS (POACHED).

Put a pint of water in a stewpan with four teaspoonfuls of vinegar or a little lemon juice and half a teaspoonful of salt ; place on the fire ; when quite boiling break an egg into a cup ; then drop it carefully into the water as near the surface as possible ; boil gently for three minutes, take out with an egg-slice, and lay the slice for a few seconds on a napkin to drain. Place the egg on buttered toast. Serve with a little cream poured over if liked.

EGGS WITH ASPARAGUS.

Cut into small pieces the tender part of a dozen stalks of asparagus, boil them for fifteen minutes, strain, and put in a stewpan with a little butter, salt, pepper, and sugar, and place over the fire for three minutes. Remove to the dish they will be served on and break two eggs over them. Sprinkle a small quantity each of pepper, salt, and butter on the eggs, and allow them to set in a brisk oven.

TO BOIL EGGS (BEST WAY).

Method.—Put them in a pan of boiling water. Cover tightly and set back where the water will merely keep hot. Let it stand from ten to fifteen minutes, according to size of the eggs or preference of eater for hard or soft. The effect is quite different from that produced by boiling, both flavour and texture of egg being superior. Those who try this method will not likely return to the old way.

FRENCH PANADA.

Break a stale penny roll into a saucepan, add sufficient water to cover the bread, stir well over the fire, allowing it to boil for five minutes ; add half a teaspoonful of salt, two ounces of fresh butter, mix them, and take off the fire. Have one yolk of egg well beaten with two tablespoonfuls of milk or water, which pour into the panada, stirring very quickly for half a minute. Any stale bread will do, but is not so light as roll for the purpose.

MALTED FOOD.

Mix one ounce of malted food (Allen & Hanbury's, Benger's, Mellin's, or Savory & Moore's) into a paste with four tablespoonfuls of cold milk, add this gradually to half a pint of milk, which should be almost boiling ; keep stirring all the time.

SAVOURY OMELETTE.

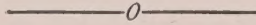
Separate the white from the yolk of an egg, add to the yolk a little pepper, salt, and finely minced parsley, and a pinch of celery salt ; beat all together ; stir lightly into this the white stiffly beaten. Warm an omelette pan, melt in it a little butter, pour in the mixture, and let it cook over a clear fire for about three minutes ; brown the top by holding the pan in front of the fire, and place in the oven until set. Minced ham, chicken, or tongue may be used instead of the herbs, and should be added to the eggs immediately before cooking.

SHAM OYSTER.

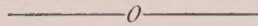
Put a little vinegar into a cup, break a fresh egg into it and serve. Lemon juice or cinnamon may be added if liked.

STOVE BARLEY.

Wash thoroughly a teacupful of barley, put it in a saucepan (rinsed out with cold water) with sufficient milk to cover it; let it simmer on the side of the stove for six or seven hours until the barley is quite soft, adding more milk as it is absorbed, but be sure it does not burn. Serve plain or with cream and any flavouring liked.

**WHIP SAUCE FOR PUDDINGS.**

Put into an enamelled pan the yolk of one egg, two tablespoonfuls of cream, and one of sherry, also a teaspoonful of sugar, and a few drops of whatever flavouring is liked. Place the saucepan in a larger one half-filled with boiling water, whisk well over the fire until the mixture rises, when pour over the pudding and serve.

**WHITE SAUCE FOR FISH.**

Rinse out a small lined saucepan with cold water, melt a quarter of an ounce of butter in it, taking care it does not brown; add a quarter of an ounce of flour and stir well with a wooden spoon. Then add one gill of milk or fish stock, and continue stirring over the fire until boiling. Season with salt and a little lemon juice, and boil for two or three minutes to thoroughly cook the flour. A slight difference can be made by adding finely chopped parsley.

POULTICES.

BREAD POULTICE.

Take a thick slice of bread, break it down into a jug, pour sufficient boiling water upon it to soak it, and allow to stand for a minute ; press out any superfluous water, and spread the bread on a cloth. Apply as directed.

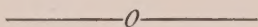
LINSEED MEAL POULTICE.

Heat a basin thoroughly by pouring boiling water into it, also heat a spatula or wooden spoon. Then pour into the empty basin the quantity of boiling water required, according to the size of the poultice. Sift into this the linseed meal, stirring all the time, mix to a good consistency, but avoid heaviness, and beat quickly and lightly. Spread smoothly on a piece of flannel with a knife, leaving a margin all round. Turn the edges neatly over and cover with a piece of muslin. Apply as hot as possible, and cover with absorbent cotton, and if necessary with a bandage to keep it in position. Linseed meal must be of the best quality and perfectly fresh. Two tablespoonfuls of dry mustard may be first mixed with the meal if necessary.

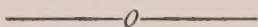
Linseed Meal Poultice may also be made in the same way as porridge ; this prevents any loss of heat.

MUSTARD PLASTER.

Cut a piece of thick brown paper; mix sufficient mustard to a thick paste with cold water and spread on the paper, leaving a margin; cover with muslin and apply. Should this be wanted weaker a little flour may be mixed with the dry mustard.

**OATMEAL POULTICE.**

This is made in the same way as porridge, omitting the salt. It should be well boiled.

**ONION POULTICE.**

Boil a large onion to a soft pulp, cover with muslin and apply; or, mince a raw onion finely, place in muslin and apply to the throat.

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